



## **Arlington Council on Aging**

### **Agenda**

**Thursday October 21, 2021**

**Present: Michael Quinn, Anne Brown, Kristine Shah, Laura Liscio, Sheila Connerney, Paul Raia, and Rick Fentin**

**Associates: Bob Tosi, Mara Klein Collins, Nancy Cox, and Karen Nichols.**

**BOS Liaison: None.**

**Meeting opened at 6:05pm**

**Minutes approved without changes (Nancy, Anne seconded)**

1. Call to order

2. Citizen's Open Forum

None.

3. Minutes of the September 2021 meeting for approval

Approved without changes (Nancy, Anne seconded)

4. Executive Director's Report

Senior Center update. Furniture delivery due in December 2021. Construction finishes being done now. Final date of building occupancy is not known yet.

A room in Town Hall will be used for some programming which has been held outside during the good weather in the pandemic.

Popular yoga class was brought back. Barbara Friedman teaching this class on Tuesday, hoping to add Fridays.

Spooky stroll this week at McClennan park.

Veteran's Day: Several virtual programs planned.

Virtual fitness class is ongoing.

Food distribution program with Arlington EATS at Drake Village is ending this month. Arlington EATS has gotten a lot of support during the pandemic and can manage this program on their own. Arlington COA will remain available if needed in the future.

Thanksgiving dinner delivery program signups are happening.

November 18th Sage Table event for LGBTQIA+ at Town Hall.

Tax program will happen again this year, with AARP. Pat B will be helping coordinate this.

Link Snow Removal program will happen, with middle school kids as volunteers.

5 Age Friendly/Dementia Friendly working groups happened in September. Reports will be delivered by December.

A new (5th) van driver started recently. Free transportation is offered for shopping and appointments. COA started using Uber again as well. Clients enjoy the independence of a ride-share service.

Flu vaccine clinics last month. More than 100 residents came to Town Hall; also Drake and Winslow saw about 50 residents apiece. Nurses doing homebound vaccines now.

November ACMI show recorded today. Featured Cooperative Elder Services. Anne wonders about viewership, but numbers are not really available. Show airs 3x/week.

#### 5. Report of the Chair

No report.

#### 6. Minuteman Senior Services Report

Report was forwarded to COA board members.

#### 7. ASA Liaison Report

No report.

#### 8. Old Business

- a. update on Civilian Police Advisory Board- Anne Brown.

Recommendations due Spring 2022. Committee has 17 members, 13 of whom are voting members. There is a session next week on Zoom; public is invited. Mission of the Advisory Committee: Review police services, compare with other communities, does a civilian review board make sense for Arlington?

Paul wondering if there is a training for officers re: residents with dementia. Specifically, how to conduct a search if someone wanders off.

Anne wondering if there is a way to conduct a survey of COA clients re: feedback on interactions with the Arlington police. Discussion followed.

#### 9. New Business

- a. Thank you for your 6 years of service to the Board, Rick!

#### 10. Other Community Announcements

Bob: Scott Lever would like to come to a COA board meeting to discuss the town survey.

Several members voiced that the online surveys are more difficult for older residents to fill out.

#### 11. Adjourn - **Next meeting: November 18, 2021**

Anne moves to adjourn, Rick seconds.

Meeting adjourned at 6:57pm

## **Executive Director's Report**

### **Kristine Shah**

- I. Center Renovation Update
  - a. Timelines- we have been told that the furniture will be delivered on December 1
  - b. Town Hall Auditorium has been secured for indoor programming once the weather is not able to accommodate outdoor programming in Robbins Gardens and MacLennen Park
- II. COA Services and Program Update
  - a. One of our most popular yoga classes pre-pandemic started up outdoors this month; they will be one of the first classes to transition indoors to town hall in November.
  - b. Spooky Stroll scheduled for October 28 at MacLennen Park. Featuring Maple Street Singers who have been meeting virtually throughout the pandemic.
  - c. In honor of Veteran's Day, we are having a virtual program with John Clark on November 10 and a "Wartime Fashion" program on November 2.
  - d. We are looking for ways to promote our new virtual program, Dementia Friendly Fitness. Thanks to a \$7,800 grant from I'm Still Here Foundation, we began offering virtual fitness classes to residents living with dementia and their caregivers.
  - e. After evaluating the CSFP food program with recipients and Arlington EATS, we will be transitioning to a more personalized program with Arlington EATS. This transition will allow for residents to receive more of the food that they're requesting.
  - f. We are in the beginning stages of planning our Thanksgiving morning turkey dinner delivery program. Our goal will once again to deliver meals to 100 isolated older adults in Arlington.
  - g. Annual Sage Table event will be held in person, November 18 at Town Hall. This is one of the biggest programs we run as a part of our LGBTQIA+ group.
- III. Age Friendly/Dementia Friendly
  - a. Our 5 Age Friendly/Dementia Friendly Work Groups took place in September; thank you to all board members who participated. Age Friendly/Dementia Friendly Action plan is in the process of being drafted by UMass.
- IV. Other
  - a. A 5<sup>th</sup> COA van driver has been hired and is currently training. We are providing free van rides to Arlington EATS market, which has also increased our rider volume this month. Market Basket rides on Tuesdays have also become extremely popular.
  - b. We began using Uber again last month for medical rides and are prioritizing educating residents on using ride sharing once again.
  - c. We hosted 3 in person, senior flu vaccine clinics in September at Drake Village, Winslow Towers and Town Hall. We had over 100 residents come to the town hall clinic and our nurse is currently doing in-home vaccinations for those who need it.

- d. Link to COA newsletter:  
<https://www.arlingtonma.gov/departments/health-human-services/council-on-aging/senior-newsletter>
- e. November ACMI 60+ Connection will feature interview with Cooperative Elder Services, our partner for Adult Day Health programming.